

*What it is:*

The LimeLight Facial™ is a new, minimally-invasive approach to skin rejuvenation which utilizes intense pulsed light (IPL) to improve skin tone and surface imperfections associated with aging and photodamage.

**Ideal for patients with fair to medium skin types, the LimeLight Facial™ has three customizable programs which target and treat brown and/or red pigmented areas with heat.**

The LimeLight Facial™ is generally performed on the face, neck and décolleté to treat skin redness, telangiectasia (tiny veins) or brown spots—even those which were previously difficult to resolve.

*Features & Benefits:*

- Reduction of skin redness
- Reduction of telangiectasia (tiny veins)
- Reduction of brown spots
- Overall improvement in skin tone and surface imperfections associated with aging and photodamage
- Reduction of pore size

*Duration of Benefits:*

- The LimeLight Facial™ is applied to your skin in a series of one to three sessions, spaced approximately four to six weeks apart from one another, depending on the problem treated and your skin type
- To maximize results, this treatment may be combined with Microdermabrasion
- After you have completed the recommended series of treatments, patients will only need to follow up as needed (usually once a year) to maintain the beautiful results
- New brown spots, telangiectasia and diffuse redness may appear with new sun damage, so practicing proper sun protection is paramount

*Duration of Treatment: 30–45 Minutes*

*Treatment Protocol:*

- Esthetic cleanse of face and neck
- Application of cooling gel (For telangiectasia patients only)
- Customized spa treatment ritual (10 minutes)
- Laser procedure (30 minutes)
- Icing (optional five minutes)

### *Candidates:*

- Ideal candidates include those with telangiectasia, (tiny veins) redness, and dark spots

### *Contraindications:*

- This procedure should not be administered to pregnant or breastfeeding (lactating) women
- If you have an active skin infection or eruption you are not a candidate at this time
- This laser cannot treat over areas with tattoos
- Patients should not be treated if they had significant sun exposure, or artificial (light based or spray-on) tanning in the four weeks prior to treatment
- Hair removal may occur as a result of these treatments

### *What to Expect:*

- When the laser shines on the skin, patients will experience a mild pinching or stinging sensation. Gel is recommended to cool the skin before vascular treatments
- You will be given light blocking eyewear for the duration of your laser treatment
- Immediately post treatment, your skin may feel like it is sunburned. This sensation will usually diminish within 24–48 hours
- You should see some improvement within one to three weeks, as the darkened spots flake off and fade. Diffuse redness or telangiectasia will decrease and your mottled complexion will improve over two weeks

### *Downtime/Recovery:*

- Most patients are able to return to routine activities, including work and social obligations on the same day as their treatment, while others are red and mildly swollen. Make-up can be applied to cover the redness
- Immediately following treatment, brown spots will start to darken and your skin may appear slightly red
- Swelling generally resolves in 24–48 hours
- Within one to three weeks, the darkened spots will flake off and fade

### *Pre-treatment Guidelines:*

#### *Limelight Facial™*

#### **Six to twelve months before treatment:**

- Cease use of Accutane

#### **Four weeks before treatment:**

- Stay hydrated! Drinking plenty of water before, during and after your treatment will assist with healing

### **Two weeks before treatment:**

- Cease use of all retinols including, Retin-A, Tazorac®, Differin®, Prevenge® and “anti-aging” products containing glycolic, alpha-hydroxy and beta-hydroxy acids
- Avoid all sun exposure and/or tanning beds
- Cease waxing and other hair-removal procedures
- Avoid use of systemic steroids (prednisone, dexamethasone) throughout course of your Limelight Facial™ treatments

### *Post-treatment Recommendations/Prescriptive Care: Limelight Facial™*

- Apply post-operative ice packs five to ten minutes at a time, every one to two hours post treatment to help reduce swelling and redness
- Over the counter medication such as Benadryl® (25 mg.) may also decrease some of the swelling and itching and Tylenol® may be used for discomfort, if necessary
- Hydrate: Remember to drink plenty of water post procedure as it assists the healing process
- To prevent scarring, do NOT pick at healing areas. Crusting should be allowed to flake off naturally for best results
- You may apply make-up immediately after treatment to help mask temporary redness and/or swelling
- Avoid direct sunlight and sun exposure for at least three months after treatment

### *Daily Skincare Routine:*

- When washing your face, use a gentle, **non soap cleanser** (such as Cetaphil®). You can wash as early as the evening following your treatment
- Most skin care products can be used three weeks after treatment; however, avoid use of retinoids and topical corticosteroids for two weeks following treatment
- Avoid systemic steroids throughout the course of your Limelight Facial™ series
- Apply a neutral barrier cream without alpha hydroxy acids (such as Aquaphor®) as often as needed to help treat itching, dryness, flaking and dry crusting. These symptoms will gradually disappear
- Use a broad spectrum sunscreen with an SPF of 25 or higher daily

### *Product Recommendations:*

- Aquaphor® will keep sensitive spots lubricated; an over the counter antibiotic ointment may also be used
- Ask your esthetician for specific product recommendations (such as Epidermal Repair Cream)

### *Follow Up Visit:*

- A follow up visit will be scheduled approximately three weeks post-treatment
- **Call the office immediately if you have any unexpected problems after the procedure**

*Return Visits Suggested:*

**Date:** \_\_\_\_\_

**Technician Name:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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